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ABSTRACT

This book is intended for day-to-day use by school counselors, school psychologists, school social workers, and other support service professionals in their work with at-risk students in school settings. The intervention techniques for depression, anxiety, and related internalizing problems that are emphasized in this book are eclectic, but are most influenced by the cognitive-behavioral and psychoeducational approaches to prevention and treatment. The first two chapters of the book provide a foundation for understanding how depression and anxiety are manifested in children and how these problems develop and are maintained. Chapter 3 provides a practical guide to assessing depression and anxiety in children and adolescents, and emphasizes a suggested model for effective assessment. Chapters 4 through 7 cover a wide range of intervention strategies for depression, including cognitive treatment technique, interpersonal therapy, behavioral treatment strategies, emotional education, social skills training, and comprehensive, cognitive behavioral approaches. Chapters 8 and 9 cover the most widely used psychological and psychoeducational treatment approaches for anxiety and related problems. The final chapter of this book provides guidelines for making referrals for outside mental health counseling services and psychiatric medications and includes an overview of psychiatric medications that are used for treating anxiety and depression in children and adolescents. An appendix contains 26 reproducible worksheets. (Contains 88 references and an index.) (GCP)

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